



8. Thüringer Frauen-Lauf und 11. Erfurter Volkslauf  
Erfurt / 30.08.2009

Detailed evaluation

**Scharke, Ulrike**

Club: FSV 1950 Gotha  
Number: 124

Course: 12.00 km  
Frauenlauf

Category:  
Frauen W45

Total time: 1:04:17

Speed: 11.20 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 35 (of 62)  
Rank in course/Women: 35 (of 62)  
Best time in course: 47:48

Rank in category: 10(of 14)  
Best time in the category: 53:19